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There ARE Also fishing battues, traps and nets being used. The fishing rites will be described under the head of religion.

Foods.—The Katab has two principal meals, at mid-day and after sunset (generally rather late in the evening, between 8 and 9). He also usually has a snack of something in the early morning. The porridge (*tuk*) of the evening meal is made from *dauro* millet, and it would not suit the palate of the Hausa, as the flour from which it is made is gritty, the result of insufficient milling and winnowing. The soup which accompanies the porridge is made usually of hibiscus seeds (*zuzan*), which the Hausa would only use as a last resort (he seasons his with the fruit of the locust-bean). Salt (or charcoal), pepper and wild tomato are added to the soup. A Hausa would not add tomato to a soup containing meat, but the Katab does not mix his meat with the soup (like the Hausa); he eats it separately. The Katab does not always have the luxury of *tuk* at night. He may be content with a dish of beans (*dijok*) or of *kali* (Hausa *fate*), i.e. guinea-corn seasoned with hibiscus leaves, or of boiled yam. The yams are not pounded and made into *sokara* after the Yoruba fashion. They are boiled in their skins, put out on a mat, cut up and divided by the head of the household, each person skinning his own share. Yams or *gwaza* so treated may form the entire menu for the day, i.e. they may be cooked over night, eaten hot first thing in the morning, eaten cold during the day, and eaten again hot at night.

As regards meat, the Katab eats beef, goat, sheep, chicken, bush pig, monkey, iguana (a particular delicacy among all tribes, Kanuri excepted), rats, etc., but does not (like his Kagoro brethren and southern tribes) eat dog's flesh. He uses his dogs for guarding the compound at night and for hunting. Nor does a dog form part of the bride-price, as among the Kagoro. The Katab commonly sell their dogs to the Kagoro and buy goats with the proceeds. Horse- and camel-flesh are taboo.

Beer (*akan*) is an important foodstuff, and the method of its preparation may be recorded. The guinea-corn is soaked in water for three nights, and is then spread out on a cemented surface, and covered with leaves to protect it from the wind and sun. The grain bursts and is put out in a basket, dried in the sun, and finally milled. The flour is placed in a pot, water is added, and the mixture is stirred regularly throughout the day. It is then boiled and left until the sediment has settled. The

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liquid is drained off, leaving the sediment, poured into another pot, boiled and left to cool, and is then ready for use.

Various Social Regulations.—Each Katab woman takes one complete day's turn at cooking the food for the entire household, old women alone being exempted from this duty. Thus the principal wife of the head of the household may cook to-day, the second wife to-morrow, a son's wife on the following day, and so on. Numerous jealousies arise from the practice. A wife will take notice of the fact that her husband does not appreciate her cooking, and rival wives will watch to see that the food supplied by the cook of the day represents the amount of corn issued for that day. Women of the compound will charge the cook with having kept back a proportion of the corn in order to sell it in the market for her own advantage. Women are not allowed to cook during their menses. Food cooked by a woman in this condition is said to affect the eyesight of the person who eats it. Married women help their mothers-in-law in various domestic duties, especially in the matter of the preparation of meals, and junior wives assist the senior wives. The senior wife, it may be noted, is the first wife married, and she may be a mere child in years to the second wife. The junior wives eat their meals at the porch of the hut of the senior wife, who is the president of the female society.

Men do not eat with women, and there are numerous rules as to who may eat from the same calabash. A father, for example, would avoid sharing his calabash with his eldest son; it would create disrespect. He would share his meal with his youngest son, or better still, with his grandson. The sons also have their own rules. The eldest son would avoid sharing his calabash with the son immediately junior—he would share it with the next but one, and so on.

A Katab husband sleeps two nights successively with each wife. If he has a hut of his own his wife sleeps there; but otherwise he sleeps in his wife's hut. The first wife, we have said, is the senior wife socially, and she is the "real wife", for even if she abandons her husband she will usually one day return. It is believed that in the future life a man has one wife only and that she is the woman he had first married.

Daily Life.—We may now give a rough summary of the daily life of the Katab. Rising at sunrise the head of the household

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KATAB WOMEN POUNDING CORN

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When they are about ten years old boys are initiated in these mysteries. They are first shaved, greased and beaten, and are then taken to the sacred grove, but they may not yet drink with the men. They leave the grove and dance all night, and dancing and drinking goes on for another seven days, when they return to their houses, but they may not speak to a woman till another seven days have elapsed. 852

They do not marry until they are sixteen or eighteen years of age, their brides being three or four years younger. The procedure is for the suitor to give the girl's father from four to ten thousand cowries when he proposes. If he is accepted he adds one hoe, one goat, one dog and the flesh of another goat to the gift—an average example which varies according to the wealth of the contracting parties. Beer is prepared by his people, and taken on the wedding day to the bride's house, where drinking goes on for from one to ten days. On the first day the mother takes her daughter to the young man's house for a brief visit, and receives a complimentary present of 2,000 cowries or a hoe—later he comes to her house—and on the second day he takes his wife to his own house where she remains. There is intermarriage between certain tribes, *i.e.*, the Attakka, Moroa, Kaje and Katab, but a Kagoro man will prefer a maiden of his own or of the Attakka tribe, because the others refuse to clear grass for the farms. A virgin may only marry during the wet season, after the seed has been sown. At the end of the millet farming she puts on her married woman's costume and her husband celebrates the occasion by killing a dog and eating its head, liver, entrails and legs, while he gives the neck to those that helped him in courtship, and the remainder to his father-in-law. The blood of slaughtered beasts is always eaten, cooked with fat. If the wife is considered satisfactory her husband gives her mother another present. A girl has the right of refusal and can obtain a divorce, subject to her father's consent, for he retains the legal power to persuade her to go back to her husband, to leave him, or to marry her to someone else. He also has the right of possession over her children, unless her husband redeems them by payment of three goats each. This practice has been put down by the British Government. 582 585 [591] [252] [586]

Children are suckled for two or three years. Boys are named by their father and are circumcised, a very old custom. If a child proves unsound before it is about four years old, or sometimes later, it is thought to be a snake and may be thrown into water. Twins are considered very lucky. 862 304 553 845 847

A man's first wife has authority over subsequent wives and may even beat them, a right so fully recognised that, if these latter forget themselves so far as to retaliate, their parents give her beer. The women all eat together, helping themselves with their right hands, for men alone are allowed the use of spoons. 595 [264]